291 The gown is of dark blue cotton cloth, cut from the neck down and across under the right arm, and buttoned under the arm and down the side. A woman's gown opens on the left side instead of the right, and is worn hanging down to the heels. Men wear a sash or belt, keeping the hem of the gown hanging just a little below the knees, and loosening up the breast of the gown so that it provides a capacious pocket into which they stuff their eating bowls and various odds and ends. When working at home, a man wears a gown roughly woven of white wool. A woman's working gown is woven of black and brown wool. Rich people wear a gown woven of Tibetan wool serge (*p'u-lu*). The ends of the men's sashes are seldom embroidered and on holidays they wear a vest or sleeveless jacket which is much less ornamented than that worn by women.

Men shave the front of the head and grow the hair at the back of the crown long so that it can be braided into a "pigtail" which is lengthened with green strings with tassels at the ends. They wear small, round felt hats.

302 [858] A boy's head is not shaved until he is seven or eight, at which time he begins to braid his hair in a "pigtail." A boy's costume is in general just like that of a man, but with few ornaments.

A man is not allowed to grow a beard as long as his parents are living. A man may begin to grow a beard when he is about the age of thirty if his parents died when he was relatively young. The growing of the beard is started on the first day of either the first or second moon of the new year. Some old men shave their heads clean when they reach the age of about sixty, and women of sixty also frequently cut off their long hair. Both men and women when they do this take vows like those taken by lamas and devote the rest of their lives to prayer in order to provide for a happy rebirth.

• 306 The only men who wear earrings are those who, described in the chapter on children, have received the "flower of longevity" from a maternal uncle in childhood. Later this "flower of longevity" is replaced by a single large silver earring.

Many men are fond of wearing a bracelet, but only on one wrist. It is usually a heavy copper ring, silver plated and carved with Chinese designs. Nearly all young people wear a bracelet on each wrist, resembling the single bracelet of a grown man. A man also hangs from his belt or sash a sheath containing a knife and chopsticks. Some of these are beautifully carved and ornamented with coral and turquoise.

A man's finger ring is made of two thin, small rings with a broad ring soldered outside them. A piece of coral or turquoise is set in this ring.

173 291 562 The national legends and traditions of the Monguors are associated much more with the striking costumes of the women than with the comparatively simple costumes of the men. Some of these legends have already been mentioned. Another concerns the Li clan of Shat'o Turkish origin which claims as its ancestor the